Polar FT60™

User Manual

POLAR®

LISTEN TO YOUR BODY

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1. GET STARTED

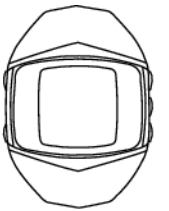
Get to Know Your Polar FT60

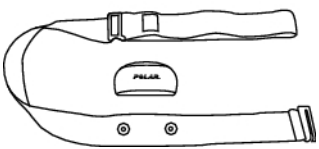
The **Wrist Unit** records and displays your heart rate and other data during training.

The **WearLink** transmits the heart rate signal to the wrist unit. The transmitter consists of a connector and strap.

The latest version of this user manual can be downloaded at www.polar.fi/support.

Register your Polar product at http://register.polar.fi, and help us improve our products and services to better meet your needs.





Start With Basic Settings

To activate your Polar FT60, press and hold any button for one second. Once the FT60 is activated, it cannot be switched off.

1. **Language:** Select **Deutsch**, **English**, **Español**, **Français**, **Italiano**, **Português** or **Suomi** with UP/DOWN. Press OK.
2. **Please enter basic settings** is displayed. Press OK.
3. Select **Time format**.
4. Enter **Time**.
5. Enter **Date**.
6. Select **Units**, metric (KG, CM) or imperial (LBS, FT). By selecting lbs/ft, calories are displayed as CAL, otherwise they are shown as KCAL. *Calories are measured as kilocalories.*
7. Enter **Weight**.
8. Enter **Height**.
9. Enter **Date of birth**.
10. Select **Sex**.
11. **Settings OK?** is displayed.
    Select **Yes** to accept and save the settings.
    Basic settings complete is displayed and the FT60 enters Time mode.
    Select **No** if you want to change the settings.
    Please enter basic settings is displayed.
    Re-enter your basic settings.

To modify your personal settings later, see Settings.

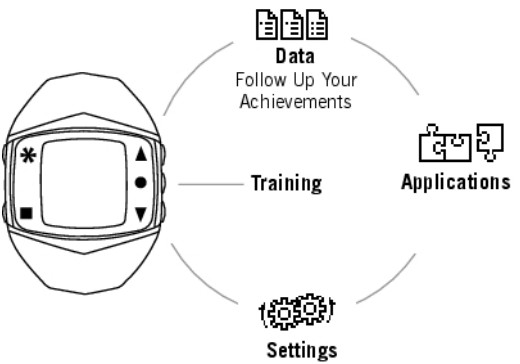
Wrist Unit Buttons and Menu Structure

▲ UP: Enter the menu and move through selection lists, adjust values

● OK: Confirm selections, select training type or training settings

▼ DOWN: Enter the menu and move through selection lists, adjust values

■ BACK:
- Exit the menu
- Return to the previous level
- Cancel selection
- Leave settings unchanged
- With a long press, return to Time view



✱ LIGHT:
- Illuminate the display
- With a long press, enter quick menu in Time view (to lock buttons, set alarm or select time zone) or during training (to adjust training sounds or lock buttons)

Symbols on the Display

The following table presents the display symbols and their descriptions.

Symbol	Description
	The battery of the wrist unit is low.
	The alarm is active.
	Sounds are off.
	Time 2 is in use. Number two is displayed at the lower right corner of the display.
	You have one or more new messages.
	The button lock is active.
	The footpod is in use. If the symbol is blinking, the FT60 is trying to establish a connection with the footpod.
	The GPS sensor is in use. If the symbol is blinking, the FT60 is trying to establish a connection with the GPS sensor, or the GPS sensor is trying to establish a connection with the satellites.
	Heart rate is transmitted.

2. BEFORE TRAINING

Activate Your Polar Star Training Program

The adaptive, personalized and in-built Polar Star Training Program gives you the optimal intensity and time targets for your training. The wrist unit gives feedback on your performance after each training session and once a week.

The Polar FT60 creates a training program based on your user information (weight, height, age, sex), fitness level, activity level, and training goal.

By analyzing your weekly training results and fitness level, the wrist unit gives you training guidance for the following week. The training program adapts to your training habits and to your changing fitness level.

1. In Time mode, select **Menu** > **Applications** > **Training program** > **Create new program** .
2. Perfom Polar Fitness Test. For more information, see Test Your Fitness Level.
3. Select your training goal:
   - **Improve fitness** if your target is to improve your current cardiovascular fitness level and you are able to train regularly.
   - **Maximize fitness** if your target is to maximize your current cardiovascular fitness level, and if you have been training regularly for at least 10-12 weeks and training nearly every day is not a problem for you.
   - **Lose weight** if your target is to lose some weight.
4. **Training program created!** is displayed.

5. Next, **View week targets?** is displayed. Select **YES** to view the time and calorie targets for your first training week. If you select **No**, **Training program active!** is displayed and the wrist unit returns to Time view.

Time target
The amount of time you should train during this week.
Calorie target
The number of calories you should burn this week.

6. Press DOWN and OK to view your target training time in three different heart rate zones (intensity targets). Press DOWN to change the display.

Time target for intensity zone 1
The bars indicate the target times in different intensities. The bars fill up as you train. The target time for intensity zone 1 for the week is displayed in the lowest row.

7. You have now activated your training program. Press **BACK** to return to Time mode.

To view your week targets later, select **Menu** > **Applications** > **Training Program** > **View week targets**.

Zone	Intensity % of HR_{max}	Training benefit
Zone 3	80-90%	• Benefits: Increases maximum performance capacity • Feels like: Tiredness in muscles and heavy breathing • Recommended for: Fit users for short training sessions
Zone 2	70-80%	• Benefits: Improves aerobic fitness • Feels like: Good, easy breathing, moderate sweating • Recommended for: Everybody for typical training sessions with moderate length
Zone 1	60-70%	• Benefits: Improves basic endurance and helps recovery • Feels like: Comfortable, easy breathing, low loading for muscles, light sweating • Recommended for: Everybody

Troubleshooting

- **User information missing** is displayed > Enter the missing user information.
- **Fitness test result required** is displayed > You need to perform the Fitness Test.

Read more about training in Training Articles at http://articles.polar.fi.

Change/End your program

- To change your fitness goal, create a new program in **Menu** > **Applications** > **Training program** > **Change program**. For instance, if you have started with weight loss program and have achieved your goal, change your goal to Improve Fitness or Maximize Fitness.
- To end your active training program, select **Menu** > **Applications** > **Training program** > **End program** > **End Program?** Select **Yes**.

To view the results of your previous program:

Select **Menu** > **Applications** > **Training program** > **Results of past prog.** The following information is displayed:

- **Start date** and **Duration**: The start date and the duration of the training program.
- **Excel. wks** and **Calories**: The number of excellent training weeks (100% of target reached) vs. total number of training weeks and the calories expended during the program.
- **Before/After**: Your Fitness Test result (OwnIndex) or your weight (when weight loss program active) before and after the program.

Test Your Fitness Level

To train right and to monitor your progress, it is important to know your current fitness level. The Polar Fitness Test™ is an easy and quick way to measure your cardiovascular fitness. The test is performed at rest.

As a result you will get a value called OwnIndex. OwnIndex is comparable to maximal oxygen uptake (VO_{2max}), which is a commonly used aerobic fitness measure. Read more on how to interpret the results in Interpret Your Fitness Test Results.

The OwnIndex value also affects the accuracy of the training program and calorie calculation during training.

The test is developed for healthy adults. To make sure the test is reliable, take the following issues into consideration:

- Avoid distractions. The more relaxed you are and the more peaceful the testing environment is, the more accurate the test result will be (for instance, no television, telephone or talking).
- Avoid heavy physical effort, alcohol and unprescribed pharmacological stimulants on the test day and the day before.
- Avoid eating a heavy meal or smoking 2-3 hours prior to the test.
- Always perform the test in similar conditions and at the same time.
- Make sure that your user information is correct.

Perform Polar Fitness Test

1. Wear the WearLink, lie down and relax for 1-3 minutes.
2. In Time mode, select **Menu** > **Applications** > **Fitness test** > **Start test**. The fitness test begins instantly once the FT60 has located your heart rate.
3. About 5 minutes later, a beep will indicate the end of the test, and your test result will appear on the display.
4. Press OK. **UPDATE VO_{2max}?** is displayed.
5. Select **Yes** to save the test result in your **User information** and **OwnIndex results**. If you know your laboratory measured VO2max value and have entered it in **User information**, select **No** to save your test result in **OwnIndex results** only.

Troubleshooting

- **Set activity lev. of past 3 months** is displayed > Set your activity level (see Settings for more information on activity levels). **Activity set!** is displayed and the test begins.
- **Test Failed** is displayed > Your most recent OwnIndex value is not replaced.
- No heart rate shown > Test fails. Check that the transmitter electrodes are moist enough and that the strap is snug enough around your chest.

Interpret your fitness test results

Interpret the OwnIndex values by comparing your individual values and their progression over time. OwnIndex can also be interpreted based on gender and age. Locate your OwnIndex on the table, and find out your fitness level class and how your aerobic fitness compares to others of the same gender and age.

This classification is based on a literature review of 62 studies where VO_{2max} was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. *Aviat Space Environ Med*; 61:3-11, 1990.

Age	VERY LOW	LOW	FAIR	MODERATE	GOOD	VERY GOOD	ELITE
20-24	<32	32-37	38-43	44-50	51-56	57-62	>62
25-29	<31	31-35	36-42	43-48	49-53	54-59	>59
30-34	<29	29-34	35-40	41-15	46-51	52-56	>56
35-39	<28	28-32	33-38	39-43	44-48	49-54	>54
40-44	<26	26-31	32-35	36-41	42-46	47-51	>51
45-49	<25	25-29	30-34	35-39	40-43	44-48	>48
50-54	<24	24-27	28-32	33-36	37-41	42-46	>46
55-59	<22	22-26	27-30	31-34	35-39	40-43	>43
60-65	<21	21-24	25-28	29-32	33-36	37-40	>40
20-24	<27	27-31	32-36	37-41	42-46	47-51	>51
25-29	<26	26-30	31-35	36-40	41-44	45-49	>49
30-34	<25	25-29	30-33	34-37	38-42	43-46	>46
35-39	<24	24-27	28-31	32-35	36-40	41-44	>44
40-44	<22	22-25	26-29	30-33	34-37	38-41	>41
45-49	<21	21-23	24-27	28-31	32-35	36-38	>38
50-54	<19	19-22	23-25	26-29	30-32	33-36	>36
55-59	<18	18-20	21-23	24-27	28-30	31-33	>33
60-65	<16	16-18	19-21	22-24	25-27	28-30	>30

3. TRAINING

Wear the Transmitter

Wear the transmitter to measure heart rate.

1. Wet the electrode areas of the strap under running water.
2. Attach the connector to the strap. Adjust the strap length to fit tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

Detach the connector from the strap after every use, to maximize the transmitter battery lifetime. Sweat and moisture may keep the electrodes wet and the transmitter activated. This will reduce the transmitter battery life.

See detailed washing instructions in Important Information chapter.

1.

2.

3.

4.

Start Training

1. Wear the wrist unit and WearLink.

2. In Time mode press OK and select **Start** or long-press OK once when you want to start recording your training session.

To modify sound, heart rate view or other training settings before recording your training session, select **Training Settings**. See Settings for more information

Your training session is recorded only if the stopwatch has been on for more than one minute.

Start Training With OwnZone

Starting every training session with the OwnZone guarantees safe and effective heart rate zones for your daily condition. Check your OwnZone at least

- when changing training environment or sport.
- when training for the first time after a week's break.
- If you have not recovered from the previous training or if you are not feeling well or are stressed.
- after changing user information.

Determining OwnZone limits take five minutes, and can be performed as a warm-up. Start slowly keeping your heart rate below 100 bpm/ 50% HR_{max}. After each minute, increase your speed gradually about 10 bpm/ 5% HR_{max}.

If you have activated your training program and you actively use the OwnZone determination, the wrist unit takes into account your long-term OwnZone results when updating the program targets.

1. Wear the wrist unit and WearLink.

2. Press OK and select **Start with OwnZone**.
   - Walk slowly for 1 min.
   - Walk at a normal pace for 1 min.
   - Walk fast for 1 min.
   - Jog for 1 min.
   - Run for 1 min.
   - Speed up.

3. At some point during OwnZone determination, **New limits in use** is displayed. Proceed normally with your training.

Troubleshooting

- If OwnZone determination fails, and you have determined your OwnZone limits earlier, **Previous limits in use** is displayed. If you have not determined your OwnZone limits, **Age-based limits in use** is displayed. The OwnZone determination fails if the heart rate rises too fast during the OwnZone determination, or if the heart rate is too high at the beginning of the test.

During Training

The following information can be displayed during training recording. Press UP/DOWN to change the view. Session duration is displayed in all views.

Heart rate
Your heart rate during training.

Calories
Burned calories.

In zone 1, **2** or **3**
Training time in zone and your heart rate. Smiley face means that OwnZone determination was succesfull.
If your heart rate is not within the zones, **NOT IN ZONE** is displayed.

Week target (displayed if training program is active)
Weekly target for each zone and the actual training time.

Speed
Optional GPS sensor or footpod required to view speed data.

Distance
Optional GPS sensor or footpod required to view distance data.

Time of day

Lock a zone: Depending on your goal for a training session, you can lock zone 1, 2 or 3 during the session. When you are training in a desired zone, lock it by pressing OK for one second. For instance, when you have achieved your weekly target for zones 2 and 3, you can lock zone 1. The zone alarm helps you stay inside the locked zone.
For example, zone 2 is locked in this image.

Quick Menu: Long pressing LIGHT during recording brings you to **Quick menu**. The **Quick menu** is a short cut to locking buttons, adjusting training sounds, and if footpod is in use, calibrating it.

Heart Touch: Check the time of day during training recording by bringing the wrist unit near WearLink. Set Heart Touch function **On/Off** in **Settings** > **Training Settings** > **HeartTouch**.

Stop Training Recording

To pause your training session, press BACK.

To stop the training session press BACK twice and **Stopped** is displayed.

For more information on instant, training session feedback, see Follow-Up Your Achievements.

Training feedback will be shown only if the training session has lasted for ten minutes or longer.

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Wash the strap regularly in a washing machine at 40ºC/104ºF at least after every fifth use.

4. AFTER TRAINING

Training Feedback

The wrist unit provides you with the following feedback after a training session.

Effect	Training effect feedback. See Table 1 for more information.
Intensity	Time spent in zones 1, 2, and 3.
Zone limits	OwnZone limits (displayed if OwnZone in use).
Calories	Expended calories during the session, and fat percentage.
Average /Maximum	Average and maximum heart rate during training session.
Average /Maximum*	Average and maximum speed of training session (displayed only if optional GPS/footpod in use).
Distance*	Distance and duration of training session (displayed only if optional GPS/footpod in use).
This week	Your targets for the current training week and the results you have achieved so far. This information is only visible when the program is active.

*Optional GPS sensor or Footpod required to view speed and distance data.

Table 1.

Feedback	
Fat burn improving	Training at low intensity is improving your body's ability to burn fat.
Fitness improving	Training at moderate intensity is improving your fitness.
Maximal perform. improving	Training at hard intensity is improving your maximal performance.
If you are training enough at more than one intensity level, training will have several effects.	
Fat burn and fitness improving	Training is primarily improving your body's ability to burn fat, but it also improves your fitness.
Fitness and fat burn improving	Training is primarily improving your fitness, but also your body's ability to burn fat.
Max. perf. and fitness improving	Training is improving your fitness and maximal performance.

Weekly Follow-up

Every Sunday at midnight, an envelope with the week's results will appear on the display of your wrist unit. Press UP to view.

Week targets achieved	Tells you whether or not you have achieved the week's targets.
Results	Excellent! / Well done! / Nice! / Fitness maintained / Incomplete training week / Good recovery week / Excellent recovery week

If your result is excellent, the FT60 rewards you with a trophy. The trophy appears in the time mode display.

Achieved/Week target	Achieved training duration vs. week target duration
Achieved/Week target	Expended calories vs. week target
Sessions	The number of training sessions achieved this week (also displayed without a program).
Achieved time per zone	Time spent in intensity zones 1, 2, and 3.
This week	Training guidance for the starting week displayed only when accessed from the envelope. See Table 2 for more information.

Table 2.

Training guidance for the starting week	
Train a lot more	You need to train a lot more to get effects.
Train more	You do not train enough for improvement.
Train more in zone X	You need to train more in this zone.
Train like last week!	You did a good job last week. Keep it up!
Train less in zone X	You should decrease training in this zone.
Train much less in zone 3	You should train less in hard intensity zone this week.
Recovery week	You need recovery to avoid overreaching.
Recovery week still needed	You have not recovered yet; last week was still too hard.
Train as planned	You have had a good start, continue training according to the program.

Weight Update

If you are following the weight loss program, the FT60 will remind you to update your weight by displaying an envelope once a week.

1. Time to check your weight is displayed. Press OK.
2. **Set current weight?** appears. Select **Yes** to update your weight.

Fitness Test

As soon as you reach your training targets, the FT60 will post an envelope reminding you to take a fitness test. The result of the test is taken into account in the weekly program update.

1. **Time to test fitness** is displayed.
2. **Test fitness?** appears. Select **Yes** or **No**.
3. If you decide to take a new test, see Test Your Fitness Level for more information.

Program Update

Polar FT60 continuously analyzes your progress and adjusts by increasing or decreasing weekly targets. An envelope appears on the display to notify you when the program has been updated. Press UP to open the envelope.

1. **Program has been updated** is displayed: the FT60 has analyzed your progress and adapted your program targets accordingly.
2. **Time for a recovery week** is displayed: To optimize your training, you need to have an ideal balance between training and recovery. Recovery week allows your body to improve and adapt to the stimulus that training has provided.

Weight Diary

In the weight diary, you can monitor your weight loss and view your progress over a period of time. To update your weight, select **Menu** > **Applications** > **Weight diary** > **Set current weight**. Set your weight and press OK. Your current weight will also be updated in **User information**.

To view your weight trend, select **Menu** > **Applications** > **Weight diary** > **Weight trend** and press OK.

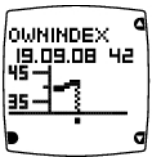
Weight trend
The weight and the date on which it was entered.
The weight trend including the lowest and highest weight.

To delete a value, select the value you want to delete with UP/DOWN. When the value is displayed, press and hold LIGHT until **Delete this value?** is displayed. Select **Yes**.

Follow Your fitness Test Results

On average, it takes six weeks of regular training to improve your aerobic fitness noticeably. To improve your aerobic fitness most efficiently, you need to train large muscle groups. Monitor your long-term test results under the **OwnIndex results**, containing 47 of your latest OwnIndex values and the date the tests were performed.

1. Select **Menu** > **Applications** > **Fitness test** > **OwnIndex results**.
2. The latest OwnIndex result and the date of the test is displayed. Press UP/DOWN to view the previous OwnIndex results.



OwnIndex
The date and the result of the test
Your OwnIndex result graph with the lowest and highest OwnIndex value

To delete an OwnIndex value, select the value you want to delete with UP/DOWN. When the value is displayed, press and hold LIGHT until **Delete this value?** is displayed. Select **Yes**.

Review Training Data

Review your training data in **Training files**, **Week summaries** and **Totals.**

1. Select **Data** > **Training files** to view detailed training information on your 100 most recent training sessions. The information is similar to what is displayed after each training session.

Each bar represents one training session. Select a training session you wish to view.
Upper row: Date and time of day when the file was created
Lower row: Training time

When **Training files** becomes full, the oldest training file is replaced by the most recent one. If you want to save the file for a longer period, transfer it to Polar web service on www.polarpersonaltrainer.com. For further information, see Transfer Data.

To delete a training file, select **Data** > **Delete files** and the file you want to delete. **Delete file?** is displayed. Select **Yes**. **Remove from total?** is displayed. To remove the file from totals, as well, select **Yes**.

2. Select **Data** > **Week summaries** to view the training data and results for the last 16 weeks.

Each bar represents one training week. Select a week you wish to view with UP/DOWN.
Upper row: Week start / Week end date
Lower row: Total training time

To reset week summaries select **Data** > **Reset weeks?**. Select **Yes** to reset week summaries.

3. Select **Data** > **Totals since xx.xx.xxxx** to view the total cumulative duration, number of training sessions and calories starting from the last reset.

To reset totals, select **Data** > **Reset totals** and select **Yes**.

Transfer Data

How to transfer data from your FT60 to polarpersonaltrainer.com

For long-term follow-up, you can store all your training files at polarpersonaltrainer.com. There you can see graphs and more of your training data and get a better understanding of your training. With Polar FlowLink* it is easy to transfer the training files to the web service.

1. Register in polarpersonaltrainer.com
2. Follow instructions to download and install WebSync data transfer software onto your computer.
3. Polar WebSync software is automatically activated and instructions for downloading the data are displayed on your computer. Follow the instructions and your training data is transferred to polarpersonaltrainer.com web service.
4. Place your FT60 onto FlowLink display facing down.
5. Follow data transfer process from the WebSync Software on your computer screen. For further instructions on data transfer, see polarpersonaltrainer.com "Help".

*Optional Polar FlowLink required.

5. SETTINGS

Watch Settings

Select the value you want to change and press OK. Adjust the values with UP/DOWN and accept with OK.

Select **Settings** > **Watch, time and date**.

- **Alarm**: Set the alarm to go on **Once**, from **Monday to Friday**, **Every day**, or turn it **Off**. Press BACK to stop the alarm or UP/DOWN to snooze for 10 minutes. The alarm cannot be used during training.
- **Time**: Select **Time 1** and set the time format, hours and minutes. Select **Time 2** to set time for another time zone by adding or substracting hours. In the Time view, you can quickly change from **Time 1** to **Time 2** by pressing and holding DOWN.
- **Time zone**: Select time zone 1 or 2.
- **Date**: Set the date.
- **Watch face**: Select **Time and logo**, **Time and trophy** or **Time only**.

Training Settings

Select **Settings** > **Training settings**.

- **Training sounds**: Select **Very loud**, **Loud**, **Soft** or **Off**.
- **Speed sensor**: Activate or deactivate speed and distance sensor by selecting **GPS sensor**, **Footpod** or **Off**.
- **Heart rate view**: Set the FT60 to display your heart rate as **Beats per minute** or as **Percent of maximum**.
- **Speed view**: Select **Kilometres per hour (KM/H)** / **Minutes per kilometre (MIN/KM)** or **Miles per hour (MPH)** / **Minutes per mile (MIN/M)**
- **Footpod calib. factor**: For more information, see Accessory settings.
- **HeartTouch**: Select **On** or **Off**.
- **Zone lock**: Select **Zone 1**, **2** Or **3** to train on a specific heart rate zone or set the zone lock **Off**.

- **Zone 1 Limits**: Adjust your zone 1 limits manually. When setting the upper limit, the lower limit of zone 2 is set automatically.
- **Zone 2 limits**: Adjust your zone 2 limits manually. When setting the lower limit, the upper limit of zone 1 is set automatically. When setting the upper limit, the lower limit of zone 3 is set automatically.
- **Zone 3 limits**: Adjust your zone 3 limits manually. When setting the lower limit, the upper limit of zone 2 is set automatically.

Change the zone limits defined by Polar FT60 only if you know your limits for burning fat, improving fitness and maximizing fitness. If the training program is active, the FT60 will incorporate your new zone limits when updating the program targets.

User Information

Select **Settings** > **User Information** and press OK.

- **Weight**: Enter your weight.
- **Height**: Enter your height.
- **Date of birth**: Enter your date of birth
- **Sex** : Select **MALE** or **FEMALE**.
- **Maximum heart rate** is the highest number of heartbeats per minute (bpm) during maximum physical exertion. Change the default value only if you know your laboratory-measured value.
- **Activity**: Select the alternative that best describes the overall amount and intensity of your physical activity during the past three months.
  1. **TOP (5+ hours per week)**: You participate in heavy physical exercise at least 5 times a week, or you exercise to improve performance for competitive purposes.
  2. **HIGH (3-5 hours per week)**: You participate at least 3 times a week in heavy physical exercise, e.g. you run 20-50 km or 12-31 miles per week or spend 3-5 hours per week in comparable physical activity.

3. **MODERATE (1-3 hours per week)**: You participate regularly in recreational sports, e.g. you run 5-10 km or 3-6 miles per week or spend 1-3 hours per week in comparable physical activity, or your work requires modest physical activity.
4. **LOW (0-1 hours per week)**: You do not participate regularly in programmed recreational sport or heavy physical activity, e.g. you walk only for pleasure, or exercise hard enough to cause heavy breathing or perspiration only occasionally.

- **OwnIndex (VO_{2max})**: When you perform the Polar Fitness Test, your OwnIndex value is shown as a default. Change the default value only if you know your laboratory-measured VO_{2max} value.

General Settings

Select **Settings** > **General settings** .

- **Button sounds**: Select **Off**, **Soft**, **Loud** or **Very loud**.
- **Button lock**: Select **Manual lock** or **Automatic lock**.
  Automatic lock: The wrist unit automatically locks all the buttons except LIGHT during training. You can switch the button lock off by pressing and holding LIGHT until **Buttons unlocked** is displayed.
  Manual lock: To lock buttons manually, press and hold LIGHT and confirm with OK. To unlock press LIGHT until **Buttons unlocked** is displayed.
- **Units**: Select **Metric (kg/km)** or **Imperial (lb/ft)**. By selecting lb/ft, calories are displayed as Cal, otherwise they are shown as kcal.
- **Language**: Select **Deutsch, English, Español, Français, Italiano, Português** or **Suomi**.

Accessory Settings

Footpod Calibration*

Calibrate Foot Pod during training (on-the-fly calibration)

Make sure the foot pod function in the Polar FT60 is on. Select **Settings** > **Training settings** > **Speed sensor** > **Footpod** and press OK.

To calibrate the footpod during training, choosing either alternative:

1. Stop running, stand still, and press and hold **LIGHT** to go to **Quick menu**.
   OR
2. Stop running, stand still, and press **BACK** once.

Select **Calibrate footpod**. Fix the displayed distance with the actual distance you just run, and press OK. **Calibration factor set!** is displayed. The foot pod is now calibrated and ready for action.

Set Calibration Factor Manually

There are two options for setting the calibration factor manually:

1. Before training: Select **Settings** > **Training settings** > **Footpod calib. factor**. Set the calibration factor and press **OK**. The foot pod is now calibrated.
2. After starting heart rate measurement and before training recording: In the time mode, press **OK** and then select **Training settings** > **Footpod calib. factor**. Set the calibration factor and press **OK**. The foot pod is now calibrated. To start training recording press **BACK** once and then select **Start**.

*Optional S1 foot pod required.

6. IMPORTANT INFORMATION

Caring for Your Polar FT60

Like any electronic device, the Polar training computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Dry the connector with a soft towel. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately to maximize the transmitter battery lifetime. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content.

Keep your training computer and transmitter in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). The training computer and transmitter are water resistant, and can be used in water activities. Other compatible sensors are water resistant, and can be used in rainy weather. Do not expose the training computer to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

Keep your training computer clean. To maintain the water resistance, do not wash the training computer with a pressure washer, and do not press buttons under water. Clean the training computer with a mild soap and water solution and rinse it with clean water. Do not immerse it in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Avoid hard hits to the training computer, as these may damage the sensor unit.

Service

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.fi/support and country specific websites.

Register your Polar product at http://register.polar.fi/ to ensure we can keep improving our products and services to better meet your needs.

The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration.

Changing Batteries

The FT60 training computer and the WearLink®+ transmitter both have a user changeable battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Change Batteries Yourself.

Prior to changing the batteries, please note the following:

- The low battery indicator is displayed when only 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.

Change Batteries Yourself

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at www.shoppolar.com.

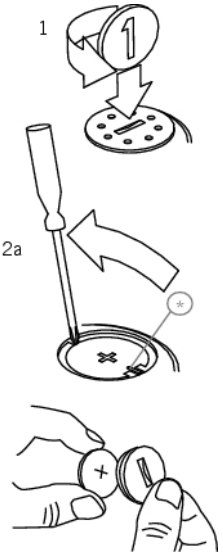
Keep the batteries away from children. If swallowed, contact a doctor immediately.

Batteries should be properly disposed of according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. • When changing wrist unit battery (2a), remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the metal sound element (*) or the grooves. Insert a new battery with the positive (+) side outwards.

   • When changing transmitter battery (2b), place the battery inside the cover with the positive (+) side facing the cover.
3. Replace the old sealing ring with a new one (if available), fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn clockwise to CLOSE.
5. **Please enter basic settings** is displayed. **Press and hold the BACK** button to skip the Basic settings.
   If you re-enter the Basic Settings, the training computer thinks there is a new user and the STAR Program is turned off.
6. Go to **Settings mode** and adjust time and date.
7. To return to Time mode, press and hold the BACK button. Now your FT60 can be used normally.



⚠
Danger of explosion if the battery is replaced with wrong type.

Precautions

The Polar training computer shows your performance indicators. It indicates the level of physiological strain and intensity during your training session. No other use is intended or implied.

Minimizing Risks When Training

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

In addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Polar training computer at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar training computer.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the transmitter.

Training equipment with electronic components may cause interfering stray signals. To tackle these problems, try the following:

1. Remove the transmitter from your chest and use the training equipment as you would normally.
2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as much as possible.

If the FT60 still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

Polar FT60 may be worn when swimming. To maintain water resistance, **do not press buttons under water**. For more information, visit http://support.polar.fi. Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Water resistant characteristics
Water resistant	Protected against wash splashes, sweat, raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m	Suitable for bathing and swimming
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks)

Troubleshooting

If you don't know where you are in the menu, press and hold BACK until the time of day is displayed.

If there are no reactions to any buttons or the wrist unit displays unusual readings, reset the wrist unit by pressing four buttons (UP, DOWN, BACK and LIGHT) simultaneously for four seconds. All other settings but time and date are saved.

If the heart rate reading becomes erratic, extremely high or shows nil (00), make sure that there are no other heart rate transmitters within 1 m/3 ft and that the transmitter strap/the textile electrodes fit snugly and are moistened, clean and undamaged.

If the heart rate measurement does not work with the sports apparel, try measuring using the strap. If it works, the problem is most probably in the apparel. Please contact the apparel retailer/manufacturer.

Strong electromagnetic signals can cause erratic readings. Electromagnetic disturbances may occur near high-voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven training equipment, cellular phones, or at electric security gates. To avoid erratic readings, move away from possible sources of disturbance.

If the abnormal reading continues despite moving away from the source of disturbance, slow down and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

A cardiac event may have altered your ECG waveform. In this case, consult your physician.

If heart rate measurement does not work despite the actions mentioned previously, the battery of your transmitter may be empty.

Technical Specifications

Wrist Unit

Battery type	CR2025
Battery life	Average 1 year (1 h/day, 7 days/week exercise)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Polyurethane
Back cover and wrist strap buckle	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy	Better than ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	± 1% or ± 1 bpm, whichever larger, definition applies to steady state conditions.

Transmitter

Battery type	CR 2025
Battery life	Average 700 hours of use
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	35% Polyester, 35% Polyamide, 30% Polyurethane

Limit values

Chronometer	23 h 59 min 59 s
Heart rate	15 - 240 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535
Year of birth	1921 - 2020
Maximum speed with a GPS sensor	199.9 km/h
Maximum speed with footpod	29.5 km/h

Polar FlowLink and Polar WebSync 2.1 (or newer)

System Requirements:	PC MS Windows (7/XP/Vista), 32 bit, Microsoft .NET Framework Version 2.0 Intel Mac OS X 10.5 or newer

The Polar FT60 training computer applies the following patented technologies, among others:

- OwnZone® assessment for determining personal target heart rate limits for the day
- OwnCode® coded transmission
- OwnIndex® technology for fitness test
- OwnCal® personal calorie calculation
- WearLink® technology for heart rate measurement
- FlowLink® data transfer

Guarantee and Disclaimer

Limited International Polar Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

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Polar Electro Oy is a ISO 9001:2008 certified company.

CE 0537
This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.polar.fi/support.

This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.

This marking shows that the product is protected against electric shocks.

Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
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- Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is covered by the following patent documents: US 5486818, US6277080, US6537227, US6540686, US20090156944, US7324841, US7076291, US6104947, US5611346, US D492999SS. Other patents pending.

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